

Peer Health Education Outreach

All Peer Health Education programs are informative and interactive. We encourage and support positive health decisions that will enhance the overall growth and development of our student body.

Main outreach programs run about 30-40 minutes. Grab Bag programs run about 15 minutes, and can easily be added onto the end of a meeting or gathering.

Body Image/Disordered Eating:

No BODY's Perfect

How do self-esteem and body image work together?

Stress Management/Relaxation:

Waiting to Exhale

Stress management/relaxation techniques

Intro to Yoga

Learn some of the basic yoga postures for relaxation

The Science of Serenity (Grab Bag)

Focused on one relaxation technique

Nutrition:

Nutrition ER (Eating Right)

Serving size, Choose My Plate, nutrients, healthy exercise

Decoding Your Dinner (Grab Bag)

How to read a food label– let's practice!

Tofu Turkey Talk

Educate yourself on the ins and outs of vegetarianism

Conquering the Caffeine Craving

Learn how to prevent caffeine addiction

Sodexo Jeopardy

Learn how to eat well in the residence halls

Alcohol Education:

Absolut Awareness

Safety issues, when to call 911, how to help a friend

Alcohol Jeopardy

Test your knowledge surrounding responsibility in use

Give us a call today!

Marquette University Medical Clinic
(414) 288-7184

robin.brown@marquette.edu